



Spring 2012

CASC Presents

Ayurveda & Wellness

in Collaboration with

**The International Society for Ayurveda & Health by Dr.
Amala Guha**

Where: UCONN Health Center

Conference Room: EG-013

Farmington, CT

March 2012

March 16 | Friday: 12noon-1 PM

Breathe to Relax: An Ayurvedic Approach to Relaxation:

This experiential seminar will focus on basic yogic techniques for effective breathing, relaxation and how to tame stress. Participants are requested to bring a blanket and must consider bringing and having lunch after the class
Registration requested: free (no registration fee)

March 22-25 | Thursday: 1PM-8PM, Fri: & Sat: 9AM-8PM & SUN: 8AM-6PM

Introduction to Ayurveda, Yoga, Philosophy & Principles of Ayurvedic Medicine (intensive)

Basic principles of Ayurvedic medicine: Application of universal elements, subtle energy, concepts of cosmic consciousness and theory of creation, Six major philosophies and Yoga and their scientific application in Ayurvedic Medicine. Daily and seasonal routine, theory of three doshas, biological attributes, Ayurvedic concept of health, wellness & disease and understanding Ayurvedic immunology

Registration: \$475 (Includes all March events. CME credits available)

March 22nd | Thursday, 5 PM

Spiritual Conclave (SC): Mind, Matter and Consciousness

Shed light on "Lost Fourteen years of Jesus"

SC provides a platform for discussions on global issues, various aspects of mind, matter & consciousness (mind, body & spirit), spirituality, preservation of nature, natural phenomenon's, health, healing and wellness incorporating science, philosophy, humanity and research.

Registration: Free: welcome walk-ins-----no registration required

March 23th | 6-7 PM

An Invitation to Spring: Eliminate toxins, Redesign Diet and Life Style

Learn how to cleanse/detoxify with proper diet and rejuvenate to welcome spring as seasonal change. Detoxification programs and nutritional support will be discussed in context of symptoms and diseases and how to prevent them by making simple changes in your life style

Registration \$30.00

March 24th | 10 AM- 4 PM (open to all)

Yoga for Health and Wellness

Origin, principle and practice of Yoga and eight steps to develop yogic resilience, health benefits, elements to build a strong balance between mind body and consciousness will be elaborated

Registration \$45 (lunch included)

All registrations must be done at least seven days prior to the start date.

For CME information & registration, Please email: Dr. Amala Guha email: aguha@att.net

Visit: CASC: <http://casc.uhc.edu> ; ISAH: www.ayurvedahealth.org

